



NATURE'S BUNDLE

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Events

Digestive Bitters Class Fee \$25 6:00 PM September 15, 2022

During this class we will take a close look at the process of digestion, become aware of simple ways to monitor our digestive system and affect its functionality with bitter herbs. We will put our hands to work as we experiment with the extraction process to make our own bitter tonic to be included with other herbal goodies in your take home bundle.

Customer Appreciation Free Event 1:00-5:00 PM September 22, 2022

On this first day of Autumn I welcome you to stop by to be appreciated for supporting small business. Herbal tidbits and drinks will be available for enjoyment. Local esthetician Maddie Becker and massage therapist Sarina Bowers have been gracious enough to offer free demos of their services to elevate this appreciation of community support.

Sleeping with Herbs Class Fee \$25 6:00 PM October 20, 2022

This class touches on the subject of herbs that have been helpful with achieving a healthy sleep cycle, how these herbs effect specific systems in the body and a look at how you can determine which ones are best suited for your particular physiology and lifestyle. Samples will be included in your take home bundle for inspiration with your own herbal preparations.

Pumpkin Fun**Class Fee \$20****2:00 PM October 30, 2022**

Weird gourds are abundant in my garden this year and I would love to share!! Come pick out a gourd, get inspired by examples on display and get creative with our provided supplies. Not passionate about crafting feel free to take your gourds home for bringing the autumn beauty in for enjoyment. During all this fun we will quench our thirst with mulled cider and taste pumpkin inspired dishes.

Herbal Thanksgiving Feast Class Fee \$30 6:00 PM November 17, 2022

Come hungry as I will have prepared a Thanksgiving feast using a variety of herbal allies to not only enhance the flavors of these succulent foods, but more importantly to help my body achieve optimal levels of nourishment by supporting the digestive process. Many of the rich indulgent foods of the holiday feast can lead to uncomfortable feelings, knowing which herbs to add where can alleviate many of them.

Mulled Wines**Class Fee \$25****6:00 PM December 15, 2022**

Spices have been added to our wines for thousands of years. Come learn the intentions behind mulling while sipping samples infused with different herb/spice combinations. We will look at many of these common kitchen ingredients in a different light as we go from thoughts of flavor to the restorative qualities imparted by each plant. Take home bundle will include all kinds of fun, but certainly some spice blends to wrap you in their warmth as we settle in for winter.

Customer Appreciation Free Event 1:00-5:00 PM December 21, 2022

Stop by to say hello and share some Christmas cheer on this first day of winter. I look forward to seeing each of you and thank you for your continued support as we head into the quiet comfort of the winter months.